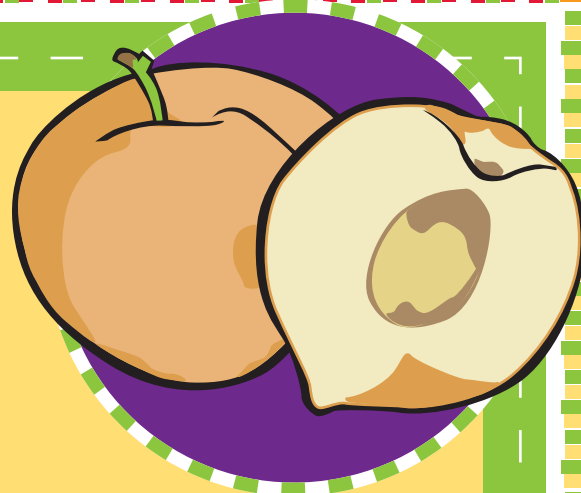


In Season:



Peach!



NUTRIENTS IN PEACHES:

Vitamins: C and A; potassium and fiber.

SELECTION:

Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid bruises.

STORAGE:

Store unripe peaches in paper bag. When ripe, store at room temperature and use within 1-2 days.

QUICK FIX TIPS:

- Sprinkle brown sugar and a tablespoon of melted margarine over halved peaches. Place on grill for 10-12 minutes. Serve hot with a bowl of cold ice cream for a tasty summer treat.
- Pour canned peaches and frozen blueberries into a bowl and sprinkle cinnamon on top for a quick snack.
- Add sliced peaches to a green salad with goat cheese and add a tasty vinaigrette dressing.



Summer Fruit Salad

Prep Time: 10 Minutes
Serves: 4

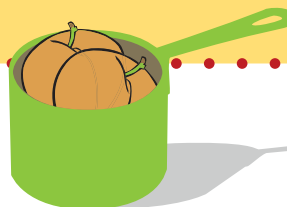
Ingredients:

- 2 cups cantaloupe, cubed
- 1 cup strawberries, halved
- 1 cup blueberries
- 1 small peach, cut into bite-sized pieces

Cups of Fruits and Vegetables per Serving: 1

Preparation:

1. Place all ingredients in a bowl and stir gently to mix.
2. Refrigerate for about an hour to allow flavors to blend.



Nutritional Information per Serving:

Calories: 73; Total Fat: 0.5g;
Dietary Fiber: 3g; Sodium: 14mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).



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